



# PLATELET

## ATLANTA BLOOD SERVICES

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### What are platelets and why are they important?

Platelets are very small cells, about one-tenth the size of red blood cells. These small cells are created by stem cells in your bone marrow and are circulated throughout the body by your blood. Platelets are important because they help stop bleeding at the site of an injury in the body.

### Who needs platelets?

Trauma victims, hospitalized children, surgery and cancer patients all may need platelets. On average a bone or blood marrow transplant patient will use 50 units of platelets during their treatment and recovery.

### Why should I become a platelet donor?

Atlanta simply does not have enough donors to meet the growing need. The various hospital patients we help use on average over 600 platelets per month. Platelets have a shelf life of only 5 days and there are always patients waiting on a hero like you to donate.

### Is it safe to donate platelets?

Yes. Atlanta Blood Services uses a special blood donation process called Apheresis (a-pher-e-sis) in which platelets are separated from the rest of the blood. In Apheresis donation, blood is drawn from your arm using a single needle; it then takes a spin in a centrifuge to separate a portion of your platelets. The remaining blood and platelets are then returned to you. Our clinical staff is specially trained and carefully monitor each donation. Each Apheresis kit is new, sterile and discarded after each use. Finally, each donor receives a health screening to ensure that it is safe for them to donate.

### What are the general donor requirements?

- Must have a valid picture ID
- Be between the ages of 17 and 69
- Good general physical health
- Weigh at least 110 pounds
- Have eaten within the past 4 hours
- No aspirin within the past 48 hours
- No antibiotics within the past 48 hours
- No tattoos within the past 12 months
- Must not be pregnant
- No cold or flu symptoms

### What is the difference between whole blood and platelet donation?

#### Whole Blood

30 - 45 minutes to donate

Ok to donate if you have taken aspirin

Donate every 8 weeks

Takes 8 donations to equal 1 platelet dose

#### Platelets

Up to 2 hours to donate

No aspirin within 48 hours of donation

Donate every 8 days

1 donation can equal up to 3 platelet doses!

### Where to donate at Atlanta Blood Services?

#### Northside Hospital ABS

5670 Peachtree Dunwoody Road, Suite 100  
Atlanta, GA 30342

#### Marietta ABS

220 Cobb Parkway North, Suite 100  
Marietta, GA 30062

Visit [www.AtlantaBloodServices.com](http://www.AtlantaBloodServices.com)  
for donation center hours



## ATLANTA BLOOD SERVICES

Proudly Providing Platelets To:



**NORTHSIDE HOSPITAL**

**The Blood & Marrow  
Transplant Group**  
O F G E O R G I A

[www.AtlantaBloodServices.com](http://www.AtlantaBloodServices.com)  
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